A “Pain Block” is the common name for a number of procedures that use injections to treat or diagnose many painful conditions. The most common pain blocks performed in the surgery center are epidural steroid injections, facet injections, sacroiliac joint injections, and sympathetic ganglion blocks. Pain blocks are performed in the cervical (neck), thoracic (mid-back), and lumbar spine (lower back); arms, hips, and legs. Most procedures are performed under fluoroscopy or X-ray.
WHERE DO I GO?

Semmes Murphey Surgery Center is located on the second floor, above Semmes Murphey Clinic. The elevator is on the right as you enter the building. Check in with the receptionist on the second floor when you arrive.

MAY I DRIVE MYSELF?

No. A responsible adult 18 years of age or older must accompany you and remain in the surgery center until you are discharged. For your safety, regulations require that your driver be available while you are in the clinic. **If your driver leaves we will have to cancel your procedure.** Instructions about when you can return to normal activity are given at discharge.

CAN I EAT OR DRINK THE DAY OF THE PROCEDURE?

Please do not eat or drink for six hours prior to your procedure. **Example:** If your block time is at 10 am, don't eat after 4 am.

This also means no gum, candy, mints, chewing or smokeless tobacco, because you may receive monitored sedation and eating or chewing may cause complications.

WHAT ABOUT TAKING MY REGULAR MEDICATIONS?

We will call you or speak with you in person to review your medication list and tell you what medicines to take the day of the procedure.

WILL I BE PUT TO SLEEP?

No. Sedation will usually be provided, however, some procedures may not require sedation. The sedation is to relax you and may make you feel sleepy.

WILL I HAVE AN IV?

Not necessarily. Some procedures require IV access in case of an emergency and to deliver medication for sedation.

HOW LONG WILL I BE AT THE SURGERY CENTER?

You will be here approximately 2-3 hours (or less) from the time you check in until you are discharged. Pre-op time is about 20 minutes; procedure 10-15 minutes and recovery at least 30 minutes. These are averages depending on the type of procedure you are having and how you progress in recovery.

WILL I FEEL BETTER INSTANTLY?

Probably not. Some feel improvement within 3-5 days. It may take up to 10 days to feel any improvement. Everyone is unique and may respond to the procedure differently, so don't get discouraged. Repeat blocks may be necessary and are not unusual.

If you have any other questions, please feel free to call prior to your procedure appointment date and to ask questions the day of your procedure. We will review all benefits and risks prior to performing your pain block.

Thank you for allowing the clinic to provide you this service.